

BBQ Chicken Drumstick

Ingredients

- 1 cup ketchup, low sodium
- 7-1/2 tsp apple cider vinegar
- 2 tsp yellow mustard
- 1/2 tsp onion powder
- 5-3/4 tsp light brown sugar, packed
- 1/2 tsp celery seed
- 1/8 tsp black pepper
- 5-3/4 tbsp water
- 4-3/4 tsp cornstarch
- 8 chick leg quarters with meat and skin

Notes

Number of Portions: 4

Serving Size: 2 each

Nutrition Facts: 736 calories, 45.84 g fat, 13.06 g saturated fat, 288 mg sodium, 27.76 g carbohydrate, 0.32 g fiber, 13.9 g sugar, 49.84 g protein

Directions

1. In a large pot on medium heat, combine ketchup, vinegar, mustard, onion powder, brown sugar, celery seed, and black pepper. Heat to simmer.
2. Combine water and corn starch to form a slurry and add to simmering sauce mixture, stirring constantly until mixture thickens. Remove from heat and reserve for use.
3. Lay out chicken legs on a 9 x 13 inch tray and roast in 350°F oven for 25 minutes or until internal temperature reaches 165° F.
4. Remove from oven and brush generously with BBQ sauce. Bake in oven for an additional 5 minutes.